



21 DAY BOWLING PIN FOREARMS

3 Week Specialization Phase

By **Alain Gonzalez**

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Published by:
Alain Gonzalez

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In no way will Alain Gonzalez or any persons associated with "21 Day Bowling Pin Forearms" be held responsible for any injuries or problems that may occur due to the use of this book or the advice contained within.

Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

Muscle-Building Disclaimer

Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

READ THIS

This training program was created specifically for 21 Day Arm Explosion users. However, you should feel free to implement the program to your liking. If you are in fact going to follow this program while following 21 Day Arm Explosion, the workouts in this guide should be performed on the same day, following your arms training. Also, it is completely safe to repeat this 21 day routine as long as you give yourself 2 or more weeks before repeating.

The Super-compensation Effect

The purpose of the program is overreaching for super compensation. Purposely aiming to overtrain a specific muscle for a short amount of time (3 weeks) and then pulling back on the volume and frequency. This has been shown to promote super compensation by adding new muscle mass to that muscle group.

As we have learned through science and the repeated bout effect, small muscle groups recover faster and thus can handle a higher frequency. In our case, we will be training arms 3x per week with 24-48 hours rest in between sessions.

Warning: Do not try this for more than 3 weeks at a time.

Can I train other muscle groups during this program?

This is a SPECIALTY training program. If you want big arms and forearms (or bigger shoulders, increased bench, or a bigger chest), then you have to focus on that ONE goal if you want optimal results. With that being said, for the next 3 weeks we are going to focus all of our efforts on upper arms and forearms. Don't make the mistake of trying to maintain volume and frequency on all different muscle groups during this program. You want all your resources (training, nutrition, recovery) to go toward the ultimate goal of increased upper arms and forearms size.

This program consists of 3 specialization days and 1 maintenance training day. This will allow us to keep our other muscle groups active to avoid size or strength loss during this 3 weeks course.

Does my nutrition change during this program?

No, you will continue to follow your current diet ([M.A.S.S.](#) includes one that you can use). Best results come when in a caloric surplus.

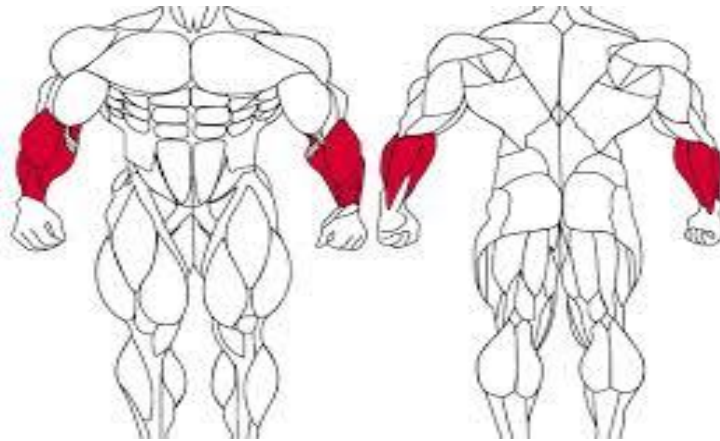
7 Things You MUST Know About Forearms Training

1. The forearms are heavily utilized during any pronated (overhand) pulling.

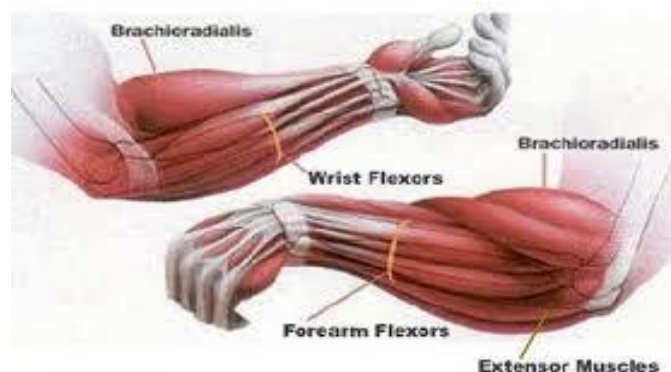


2. Like the calves and abs, because they are often utilized during our training without being isolated, they can handle a higher training frequency.
3. Focusing on keeping a tight grip throughout all of your pulling movements will increase forearm activation.
4. Getting a burn from wrist curls will do nothing for overall forearm size.
5. Like any other muscle group, the forearms respond to progressive tension overload.
6. Strong grip = large forearms
7. The forearms are responsible for both supination and pronation.

The Anatomy of the Forearms

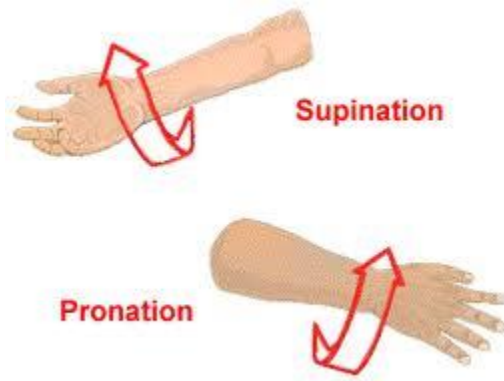


The forearm contains many muscles, including the flexors and extensors of the fingers, a flexor of the elbow (brachioradialis), and pronators and supinators that turn the hand to face down (pronation) or upwards (supination). The forearm is divided into two compartments. The posterior compartment contains the extensors of the hands. The anterior compartment contains the flexors.

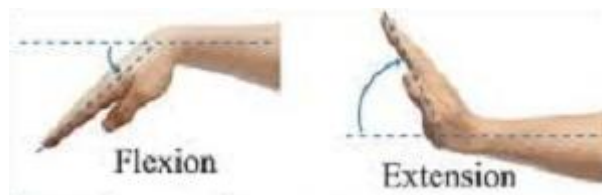


The Functions of the Forearm

Pronation & Supination



Wrist Flexion & Wrist Extension



Digit Flexion & Digit Extension



21 Day Bowling Pin Forearms

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Forearms (Hypertrophy)	Maint. Training	Forearms (Volume)		Forearms (Strength)	
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21 Day Bowling Pin Forearms: Workout Index

Forearms: Hypertrophy

Exercise	Sets	Reps	Rest
Cliff Hangers	3	ALAP	45-60 Seconds
BB Wrist Curls	4	8-12	45 Seconds
DB Wrist Extensions	4	10	45 Seconds

Forearms: Volume

Exercise	Sets	Reps	Rest
Plate Grips	5	ALAP	45 Seconds
BB Wrist Curl/BB Wrist Extensions (Super-Set)	4	10/10	60 Seconds
Hex-Head Curls	2	15	45-60 Seconds
Dumbbell Rows (Tight Grip)	2	15	45 Seconds

Forearms: Strength

Exercise	Sets	Reps	Rest
Farmer's Walks	2	ALAP	60-90 Seconds
Pause Rack Pulls	3	8	60-90 Seconds
Dumbbell Rows (Tight Grip)	4	6	45 Seconds

Maintenance Training

Exercise	Sets	Reps
Barbell Squat	5	5
Deadlift	3	5
Bench Press	4	5
Dumbbell Lateral Raise	3	8
Bent Over Rows	3	6

**Congratulations on
successfully completing
the program and
achieving larger
forearms...**

**Enjoy the Results
and Stay Big!**